



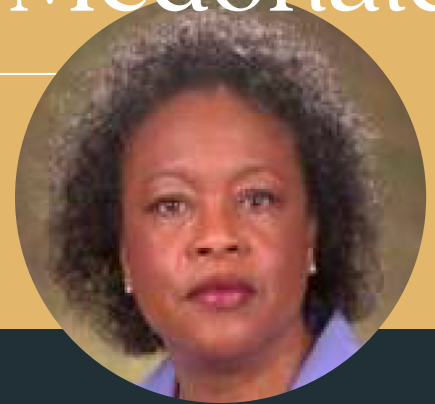
TRIO SSSP/SSSV

NOV 2021

N e w s l e t t e r

In loving memory of Maxine McDonald

Maxine McDonald, former Associate Vice President for Student Success Services, was featured in our TRIO SSSP/SSSV's 2018 newsletter.



If Maxine could sit down and talk to the students of SSSP/SSSV, she would say "The people around you are our biggest resource. You will face difficulties, but you have to handle them and keep moving forward. Your mind is like a sponge, it absorbs information from everything you do. Don't be afraid to test your limits and make big decisions.

Excerpt from

Mar 2018 feature

While you have the chance, don't take them for granted. Study abroad, build your foundation, find a mentor, take advantage of internships, become involved in clubs and the community, and experience life."



UPCOMING WORKSHOPS & EVENTS

TRIO Supplemental
Grant Aid
Applications
Open November
15th - 25th

TRIO SSSP/SSSV Hosted

11/5 Grad School Talk

11/10 Marine Corps Birthday (Lab School 10)

11/13 SSSPV Field Trip to Yosemite National Park

11/17 I am a Woman Veteran - Veteran Women Connection

Register for events via your SSSP/SSSV Canvas, or contact us on how to sign up!

Webinars/Events Across Campus

Grant Writing (12pm -1pm), Career Development Center **11/3**

Alumni Panel: True Stories of a K-12 Teacher (4pm-5pm) CDC **11/3**

Fraud Prevention by EECU & Money Management Center (12pm -1pm) CDC **11/4**

How to Get a Job with the County of Fresno (12noon-1pm) CDC **11/10**

Charge it Right by Chase & Money Management Center (12pm -1pm) CDC **11/18**





A Message from VRC

Weekend Fun: Did somebody say Fresno State Tailgate & Football? Yes we did! Join us at our upcoming Veteran Tailgate on Saturday, November 13th. Free tickets will be available to the football game for all veterans and their guests (4).

Fresno State vs. New Mexico. Go Dogs!

Don't forget to certify your spring courses once you've registered for them. The sooner we receive your request, the sooner we can process your benefits. We don't certify courses without a request through your Student Center. Call or email us if you need instructions again. If you are planning to change your major before the upcoming semester, please notify our office once the change is complete. Reminder: the VA will not approve a change to "Special Major" for students using the following benefits: Chapter 33, 35, and 1606. Not exceptions...Sorry!

All of us at the Veterans Resource Center recognize and appreciate the many sacrifices made by our veteran students who have served. We THANK YOU and hope to see you hope to see more of you in November!

Contact us today: fsveterans@mail.fresnostate.edu



You're invited

Virtual Event I AM A WOMAN VETERAN

There will be a guest speaker, games, and prizes!!
Look forward for the care packages that will be sent
out!!

*November 17, 2021
@ 11:00 AM-12:00 PM*

RSVP BY OCT 22, 2021

Link: bit.ly/3v6MtuC

FRESNO STATE

TRIO Student Support Services Veterans

**Help us celebrate the United
States Marine Corps' 246th
birthday!**



**Come for cake and refreshments
and comraderie on Nov. 10th
Wednesday at 11 AM - closing at
Lab School 10**

Disclosure Statement: TRIO Student Support Services Veterans Program are funded through the federal TRIO Grant from the U.S. Department of Education.
For 2020-2021, SSSV (\$261,888.00) grant award.

FRESNO STATE.
TRIO Student Support Services Veterans

SSSP/SSSV student are invited to participate in this cultural and personal enrichment opportunity by going to Yosemite National Park! This trip is free for all SSSP/SSSV participants.

Register by November 1st

Transportation, breakfast & lunch will be provided.

[Register here](#)

SAT, NOV 13TH, 2021

TRIO SSS PROGRAM & VETERANS

YOSEMITE

HIKING

TRIP



THANK YOU TRIO!

A letter from the editor:

Uvillia "Uv" Ibarra, SSSP Peer Mentor

Walking into the TRIO student support services, the staff greets everyone with "Hello" and "How can we help you?" Everyone who walks into those doors is a priority and warmly welcomed. It is a fun and loving place to visit when you need a friend or a place to think or even escape from school for an hour. Their computer lab is always open for students to use freely. It's a safe place to both work and play. They are always ready for a good laugh, good conversation, and always have fresh coffee made. Workshops are always informational and accessible and all events cater to students individually and all staff makes student success a priority. TRIO SSSP and SSSV have unique and friendly individuals who believe in team effort and appreciation to keep students and staff confident, informed, and supported through all trials in school and life. We are in this together!

QUOTE OF THE MONTH

“

It is not happy people who are thankful; it is thankful people who are happy

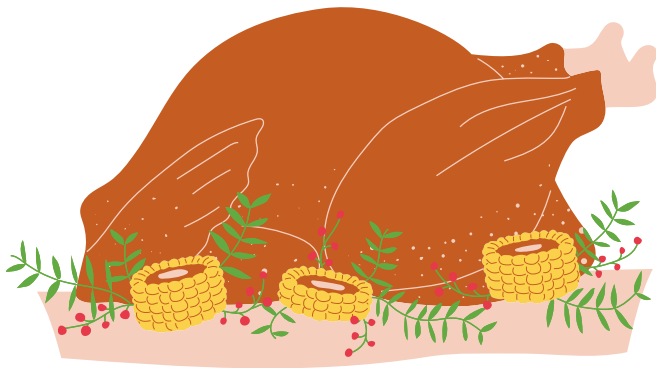
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HOW TO COOK A TURKEY

BY CHEF UV



What's Inside

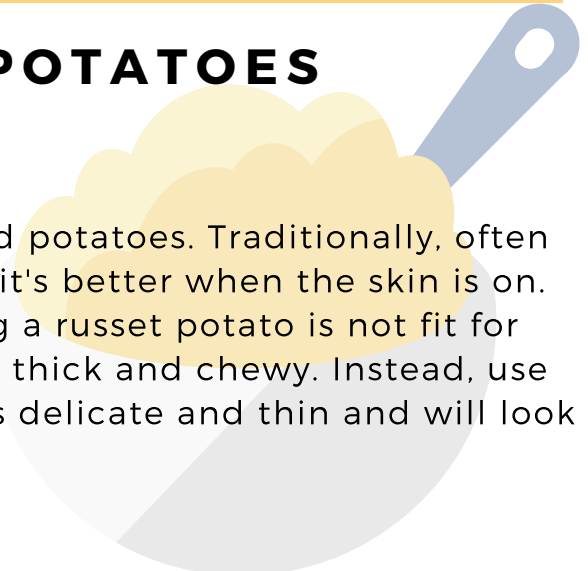
After defrosting, soak in a brine (salt water) for 12-18 hours. Remember to empty the cavity and neck

Pat dry and grease thoroughly. Stuff cavity with aromatics like apples, onion, cinnamon, and rosemary.

Bake at 500 degrees until the skin is golden brown, *then turn down the heat to 350*, and shield the breast with foil. Remain cooking until internal temperature is 165 degrees.

A LITTLE THING ABOUT POTATOES

Everyone loves the warm comfort of mashed potatoes. Traditionally, often the skin is left on because some claim that it's better when the skin is on. This can be true, however, specifically, using a russet potato is not fit for mashed potatoes. The skin of a russet is too thick and chewy. Instead, use the golden potato. It fluffs nicely, the skin is delicate and thin and will look like a picture-perfect Thanksgiving dish.



SELF CARE GAMES

off the mark.com by Mark Parisi



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Thanksgiving Day
Fourth Thursday of November

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| I | O | S | D | R | K | Z | O | O | W | D | A | H | H | P | J |
| L | A | N | I | E | E | N | L | O | N | T | A | H | K | Y | |
| G | F | A | L | M | Y | F | R | A | I | U | R | S | E | I | L |
| R | R | I | O | A | Y | L | T | R | O | V | A | O | H | N | I |
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AMERICA
CANOE
COLONY
CORNUCOPIA
ENGLAND
FALL
FAMILY
FEAST
FREEDOM

GRATITUDE
HARVEST
HOLIDAY
INDIANS
MAIZE
MAYFLOWER
MILES STANDISH
NEWWORLD
NOVEMBER

PILGRIMS
PLYMOUTH
PUMPKIN PIE
PURITANS
SQUASH
STUFFING
THANKSGIVING
TURKEY
YAMS



$$\text{Ice Cream Cone} \times \text{Ice Cream Cone} \times \text{Ice Cream Cone} = 27$$

$$\text{Ice Cream Cone} + \text{Ice Cream Cone} = 10$$

$$\text{Ice Cream Cone} + \text{Ice Cream Cone} = 11$$

$$\text{Ice Cream Cone} + \text{Ice Cream Cone} + \text{Ice Cream Cone} = 15$$

| | |
|----------------|-----|
| Ice Cream Cone | = ? |
| Ice Cream Cone | = ? |
| Ice Cream Cone | = ? |